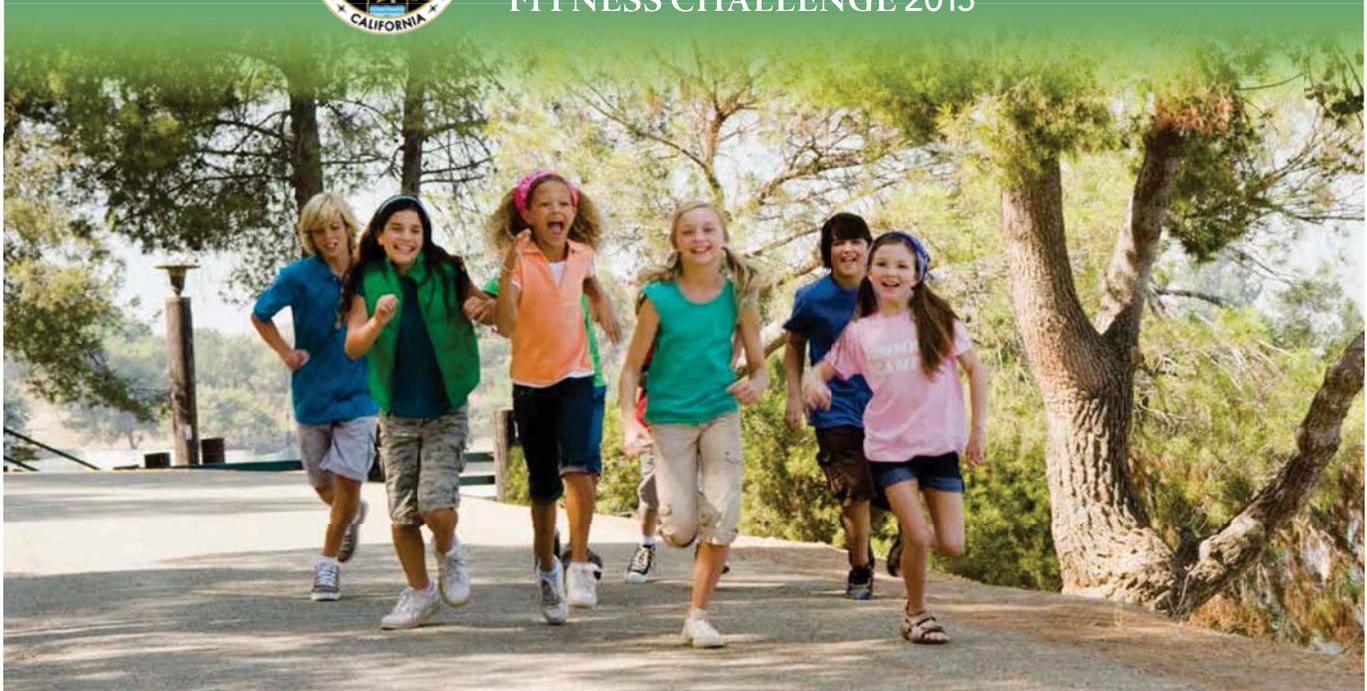




# COUNTYWIDE FITNESS CHALLENGE 2015



## JOIN US FOR THESE FUN FAMILY EVENTS

### WALK IT OFF!

Dragon boats, exercise sessions, and health screenings.

**Saturday, May 16, 2015**  
8:00 a.m. – Noon

#### Whittier Narrows Recreation Area

751 South Santa Anita Avenue  
South El Monte 91733

### MAKE A SPLASH!

A day of water fun with kayaking, paddle boards, and volleyball.

**Saturday, June 20, 2015**  
8:00 a.m. – Noon

#### Castaic Lake State Recreation Area

Paradise Cove, Lower Lake  
32132 Castaic Lake Drive  
Castaic 91384

### PARKS MAKE LIFE BETTER!

Join Celebrity Chef Sharone Hakman for healthy cooking demonstrations and more at this brand new location!

**Saturday, July 11, 2015**  
8:00 a.m. – Noon

#### Hacienda Heights Community Center

1234 Valencia Avenue  
Hacienda Heights 91745

### STOP & SMELL THE FLOWERS!

Farmers' market, power walks, and softball tournament.

**Saturday, July 25, 2015**  
8:00 a.m. – Noon

#### Wilson Park Farmers' Market

2200 Crenshaw Boulevard  
Torrance 90501

### GET CULTURED!

DanceMania, yoga, and 2-mile hikes through the hills.

**Saturday, August 8, 2015**  
9:00 a.m. – 1:00 p.m.

#### Hollywood Bowl

2301 North Highland Avenue  
Los Angeles 90068

### CHILL OUT!

Boogie board lessons, sand games, power walks and yoga.

**Saturday, August 29, 2015**  
8:00 a.m. – Noon

#### Dockweiler Youth Center

12505 Vista del Mar  
El Segundo 90245

### BE ONE WITH NATURE!

Circuit training, softball playoff, power walks, exercise sessions, and nature walks.

**Saturday, September 12, 2015**  
8:00 a.m. – Noon

#### Alondra Community Regional Park

3353 Redondo Beach Blvd.  
Lawndale 90260  
(enter at Yukon Ave.)

### TAKE A HIKE!

A day of family fun with fitness hikes, nature walks, and wild animal encounter.

**Saturday, September 26, 2015**  
7:30 a.m. – Noon

#### Placerita Canyon Nature Center

19152 Placerita Canyon Road  
Newhall 91321

### PLAY FOR LIFE!

A day of family fun featuring the "triath-a-fun!" — fitness walks, bicycle fun rides, and pedalboat rally.

**Saturday, October 17, 2015**  
8:00 a.m. – Noon

#### Santa Fe Dam Recreation Area

15501 Arrow Highway  
Irwindale 91706

RSVP to secure your giveaways at <http://dhr.lacounty.info>





# COUNTYWIDE FITNESS CHALLENGE 2015



# WALK IT OFF!

## Whittier Narrows Recreation Area

751 South Santa Anita Avenue  
South El Monte, CA 91733  
1st Supervisorial District

**Saturday, May 16, 2015**  
**8:00 a.m. – Noon**

Join us for a day of family fun featuring  
5K fitness walks and wellness screenings!



### DRAGON BOATS

### 5K RUN AND FITNESS WALKS

### EXERCISE SESSIONS

### HEALTH SCREENINGS

### FACE PAINTING

### HEALTHY SNACKS

### FREE GIVEAWAYS DRAWING PRIZES

- American Cancer Society
- American Diabetes Association
- American Heart Association
- Human Resources
- Hula Hoop & Jump Rope Contests
- Massage Therapy
- Medical & Dental Plan Booths
- Parks and Recreation
- "Play for Life!" Booth
- "Wacky Wheel of Wellness" booth

### EXERCISE SESSIONS:

- Bootcamp
- Cardio Dance
- Kick Boxing

### HEALTH SCREENINGS FOR:

- Blood Pressure
- Body Mass Index
- Cholesterol
- Glucose

RSVP to secure your giveaways at <http://dhr.lacounty.info>



# WALK IT OFF!

May 16, 2015, 8:00 a.m. – 12:00 noon

Whittier Narrows Recreation Area

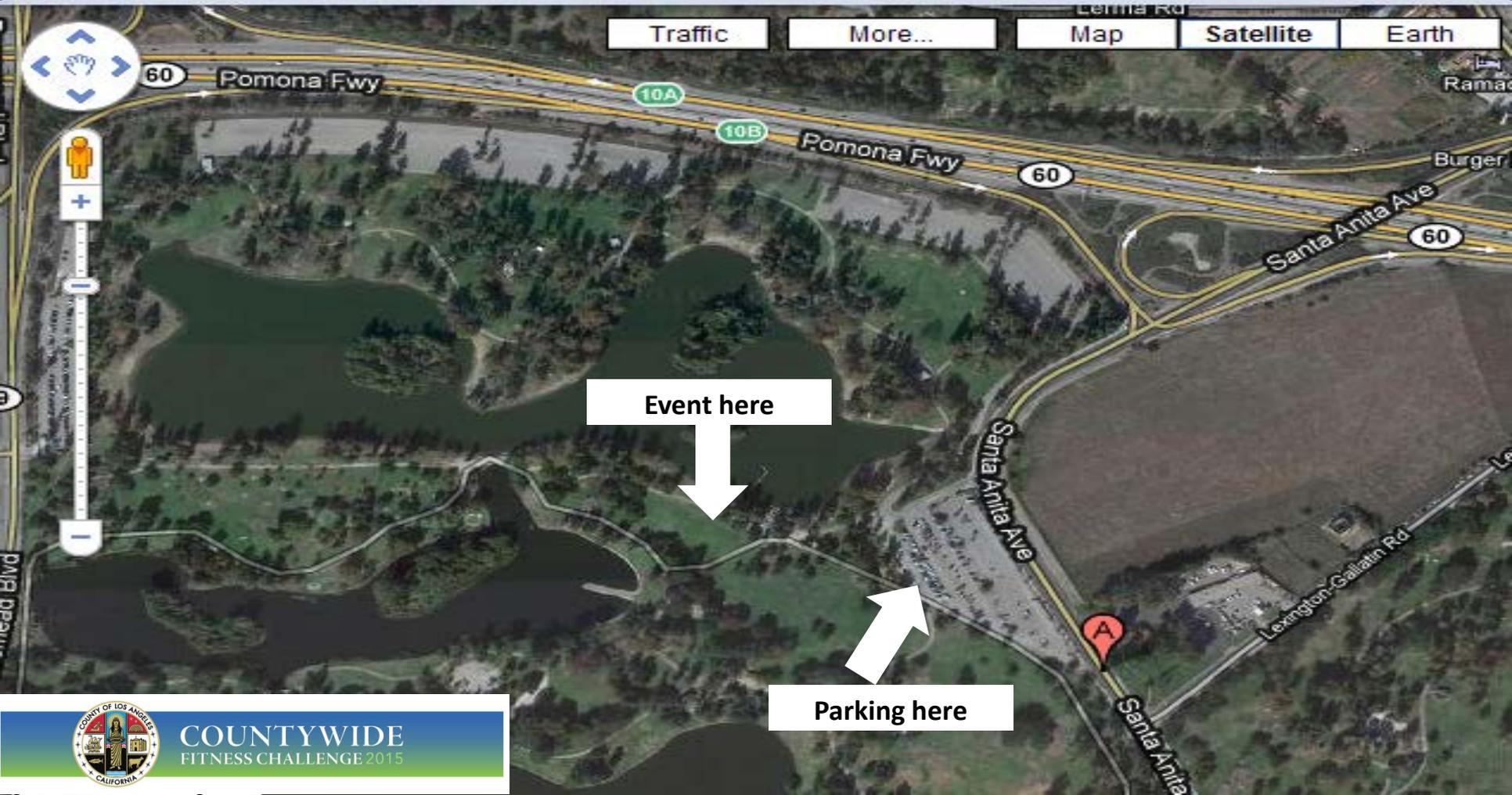
751 South Santa Anita Ave.

South El Monte, CA 91733

DIRECTIONS: FROM THE 60 FWY EAST OR WEST BOUND – Exit Santa Anita Ave., head South, enter the first parking lot on right.

**GET THERE EARLY! LIMITED FREE PARKING FOR COUNTY EMPLOYEES!**

**(\$6 after free parking is exhausted)**



COUNTYWIDE  
FITNESS CHALLENGE 2015